

the substitute specification (Tab 1) is submitted along with a clean version of the substitute specification (Tab 2).

IN THE DRAWINGS:

Please amend the drawings as shown in the proposed drawing changes filed herewith.

IN THE CLAIMS:

Please cancel existing claims 1-16 and add new claims 17-58 as set forth below.

Subar 7  
17. (new) A stationary exercise bicycle that is adjustable to allow a rider to adopt different riding positions, comprising:  
a frame having front and rear sockets;  
an adjustable seat mounted in the rear socket, the adjustable seat being extendable in fore and aft directions relative to the rear socket; and  
an adjustable handlebar mounted in the front socket, the handlebar including an upright portion, a lateral bar directed outwardly from the upright portion, a first handle having at least one prong extending forwardly from said lateral bar, and at least one second handle extending forwardly from said lateral bar.

2 18. (new) The stationary exercise bicycle of claim 17 wherein the at least one second handle is a ring.

3 19. (new) The stationary exercise bicycle of claim 18 wherein the ring is a semi-circle.